



Mindfully Enjoying the Holidays

with Dr. Jennifer Medina & Dr. Meggie Smith

Cultivate mindful and body-centered strategies to appreciate and enjoy the holiday season. Increase your gratitude, contentment, sense of calm, and an attitude of joy!

Exercises, Strategies and Information to

- Use **mindful living** practices to enjoy and celebrate the holidays
- Learn the impact of **stress on the body & mind**, especially when experiencing the inherent challenges of this time of year
- Reinforce **self-care habits** to promote wellness in body and mind
- Stay **present in the moment** to appreciate the spirit of the season
- **Practice gratitude** to cultivate joy with family and friends

Saturday November 8, 2014

11am-1pm

Chiropractic First, 1609A Chicago Ave, Evanston

Register

\$50 per person

Online: <http://mkt.com/chiropracticfirst>

Call: 847-869-1313 Email: wellness@chiropractic1st.com

Jennifer Medina, Ph.D. is a clinical neuropsychologist who specializes in cognitive assessment, psychotherapy, and mindfulness based wellness programs. Dr. Medina received her Ph.D. in clinical psychology with a specialization in neuropsychology from Northwestern University's Feinberg School of Medicine. She offers individual and group psychotherapy in her private practice located in downtown Chicago. Her cognitive assessment practice is located at Northwestern's medical center campus in downtown Chicago. www.jennifermedinaphd.com

Meggie Smith, DC helps people heal from physical, mental and emotional concerns using light touch chiropractic and energy medicine. She has a doctorate in chiropractic from Life Chiropractic College West. She has published papers in chiropractic journals, spoken internationally, and received awards for her research and writing. Currently she devotes most of her time to seeing patients at Chiropractic First in Evanston. www.chiropractic1st.com